



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Website: <http://www.bedfordma.gov/council-on-aging>

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Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Roberta Ennis

Coffee with Emerson

Join Emerson Hospital Primary Care Physicians Johanna Kline Kim, MD and Daniel Perl, MD for our lecture series Coffee with Emerson on **Friday, February 26 at 12:45 PM** as they discuss symptoms, diagnosis, prevention and treatment options for Osteoporosis. Osteoporosis is a condition in which the bones become less dense and more likely to break. Fractures (broken bones) from osteoporosis can result in significant pain and disability. In the United States, more than 53 million people either already have osteoporosis or are at high risk due to low bone mass. Emerson Hospital will provide coffee and dessert. Please call the COA to sign up for this event.

Drs. Kline Kim and Perl are located at the Bedford-Lexington Internal Medicine Practice 450 Bedford Street 1st Floor, Lexington Mass 781-274-6274.



Calling All Math Lovers!

Bedford High School is creating a 'Math Lab' for its high school students. Volunteer staff needed must be fluent in high school math--areas of study include algebra, geometry, calculus, and trigonometry. The ideal volunteer is a former math educator, math major or math aficionado who would like to assist high school students in bolstering their math abilities. Many neighboring districts already have math labs--reflecting 'high' math MCAS scores for their student population. *Let's make Bedford one of them!*

What does higher MCAS Scores mean to the student population and the community? Higher MCAS scores mean greater student success, a better chance of attending a college of choice, and greater state-aided funding. A win - win all around. If you have the math expertise and would like to volunteer your time to help Bedford Kids place better in Math--contact Director Alison Cservenschi, at the Bedford Council on Aging.

FREE Tax Assistance

The Council on Aging will again be offering FREE income tax preparation beginning February 8th and will accept appointments until April 8th. Volunteers certified under the AARP Tax Aide Program will prepare your simple Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over age 60. Call the COA at (781) 275-6825 to schedule a confidential appointment. Saturday appointments are also available by calling the Bedford Library at 781-275-9440.

Come in from the cold and warm up!

Wintertime Lunch

Tuesday, February 9th at 11:30 AM

Join Jane Taylor, Bedford resident and Marketing Director at Newbury Court, for a gourmet lunch catered by Newbury Court Retirement Community, Concord! Jane will be there to greet you and serve lunch. Lunch is complimentary; Limit of 40 participants. See you there! Please call the COA by Friday, February 5 to sign up.



Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4



Veterans' Coffee

Wednesday, February 17 at 10:00 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.



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✿ JUST FOR FUN ✿



Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **Saturday, February 6** if your special day is in February!

Breakfast and BINGO

Tuesday, February 16 at 9:30 AM

Brightview is back at the COA! Come play for a chance to win some **GREAT** prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



Ken Pruyn on Guitar



Back by popular demand and with surprise musical selections. Our very own Ken Pruyn will entertain and delight us. Come relax and enjoy the afternoon on Thursday February 18, at 1:30 PM! Of course, we will have sweet treats to munch on!

Celebrate Valentine's Day with Vicky!

Bring your sweetie, or maybe meet someone new on Saturday, February 13th at 12:30PM. We'll celebrate together with some delicious treats and a catered lunch! Just \$5 to attend. Please sign up by Thursday, February 11 so we know how many folks to expect.

WIZARD MUSIC:

Friday, February 5 at 12:30pm

John Kienzle from Wizard Music will provide Valentine's music on keyboard for your entertainment! Come in for lunch, relax and enjoy John's music!



Adult Coloring

For Therapy ...or Just for Fun!
Friday February 19th at 12:30pm

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



In February, What comes to mind? That magical word: *Love*. Join in with *SongFest!* Wednesdays, February 3, 17 & 24 at 10:30 AM we will sing love songs old and new! Come join the fun!

Calling all 55+ artists for our upcoming:
2nd Annual

**Jacob Wren Throckmorton
Memorial Art Show
April 8th & 9th**

Please consider submitting your artwork of **any** medium for display at the Council on Aging: *Black & White Photography, Oil on canvas, Sculptures, Mosaics, Rock Art, Crafts*
To arrange for pick up or drop off contact: coa@bedfordma.gov, subject line Art Show

Nom de Plume Writing Group

Tuesday February 2 & 16 at 1:00PM

Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume Writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a note book and a pen! Who knows it might just open up your world anew?



Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at **781-275-8542** at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.



Library Book Discussion: Tuesday, February 23 at 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on "The Rosie Project," a novel by Graeme Simsion. Genetics professor Don Tillman's ordered, predictable life is thrown into chaos when love enters the equation in this immensely enjoyable novel. Never good with social cues, Don explains his difficulty empathizing with others, which he forthrightly says is a defining symptom of the autism spectrum, as a result of his brain simply being wired differently. Diagnosis is not the issue here, as the reader is rooting for Don as he searches for ways to fit in. With his fortieth birthday approaching, he designs a questionnaire to find a compatible female life partner using his overriding devotion to logic. But he finds his quest competing with the request of a woman to discover the identity of her biological father. The protagonist is passingly similar to that of Haddon's *The Curious Incident of the Dog in the Night-Time* (2003), but Simsion's first novel is not as dark, focusing instead on the humor and significance of what makes us human. Don is used to causing amusement or consternation in others, but as his self-awareness and understanding grow, so do his efforts to behave more appropriately. Determined and unintentionally sweet, Don embarks on an optimistic and redemptive journey. Funny, touching, and hard to put down, *The Rosie Project* is certain to entertain even as readers delve into deep themes. For a book about a logic-based quest for love, it has a lot of heart.--Thoreson, Bridget Copyright 2010 Booklist



SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*. This series has been described as "a users guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered." Please join us on **Monday, February 1 at 10AM** for Season 2, episode 1, *Scientists are discovering volcanoes on worlds we once thought dead. From our nearest planetary neighbor to tiny moons billions of miles away, today we are discovering volcanoes on alien worlds. Are these worlds where, tomorrow, we might find life?*

This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$33,126 for a one-person household to \$43,319 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

Mardi Gras at the COA!

Join the Friends for a Fat Tuesday celebration!!! Following the FBCOA meeting on Tuesday, February 9, wear your green, gold and purple!



We'll celebrate with New Orleans with food, games & music! Please sign up by Friday, February 5.

Friends of the Bedford Council on Aging Next Meeting: Tuesday, February 9 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Membership Dues 2015—2016

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5 /day



OsteoFitness: Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Session Dates: 1/22-3/29**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball—workout for the entire body—this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at **10:00** w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

**Drop in rate for the above classes is
\$10 per day**

Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM.

This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Session runs January 5– February 23.**



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

COA CINEMA

February 3 *The 100-Year-Old Man Who Climbed Out the Window and Disappeared* (2015) R Allan Karlsson caps off his long and colorful life by escaping from his nursing home on his 100th birthday. In short order, he comes into a possession of a suitcase stuffed with cash. With his new friend Julius, Allan decides to take it on the lam.

February 10 *The Carol Burnett Show: Carol's Favorites*
During its 11-year run, "The Carol Burnett Show" became one of television's most beloved variety programs, with larger-than-life guest stars and uproarious sketches, including "Went with the Wind" and "As the Stomach Turns".

February 24 *The Water Diviner* (2015) R Following the carnage of the Gallipoli campaign, an Australian farmer travels from his home Down Under to the battlefields of Turkey in an attempt to find his three sons, all of whom went missing during the conflict.

Ongoing Evening Programs

Single Again

Tuesdays at 7:30

Sit & Stitch

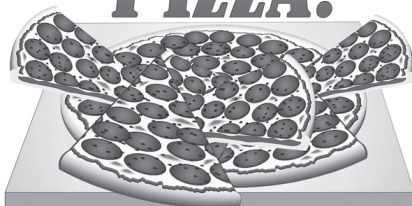
Mon & Weds at 6:30

Pizza Party!

**Wednesday, February 17
at 6:45PM**

Becoming a monthly treat at the COA!! Let's get together for an informal evening of pizza, hot coffee and interesting conversation with old friends and maybe meet a new one or two! Please let us know if you will attend. Just \$3 per person.

PIZZA!



PICKLEBALL - NEW & POPULAR!!

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles will be available on a first-come basis. Free!

Fridays in February at 6:00-7:30pm. Lane School Gym Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is presented in collaboration with Bedford Recreation.



Taking the Angst Out of Dating

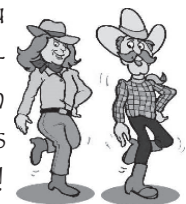
Monday, February 8 at 6:00PM

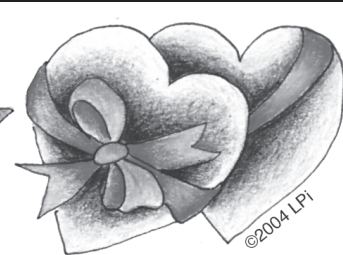
Single and looking? This is a two-hour workshop for all single folks who would like to be coupled. Everyone is welcome – regardless of your preferences! This workshop is designed for anyone interested in learning some of the basics of beginning to look for a companion. We also invite those who have been looking without success. Some of the things to be discussed include: useful venues, presentation of oneself to the dating world, how to handle a first date, how to stay safe (that includes safe sex!), what to tell of yourself and when, 'catfishing', how to handle rejection (it's part of the package) how to know when to walk away and anything else you bring to the table.

Required: A sense of humor about yourself and the world, an ability to give up perfection and an *open mind*. Come join the conversation! We guarantee you will have an entertaining two hours!

Limit 15, sign up required.

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 ☆ Beginner's Folk & Line Dance! ☆
 ☆ Have you ever wanted to try line dancing ☆
 ☆ but didn't think you could do it? Join ☆
 ☆ Jim at the Council on Aging Café on ☆
 ☆ Mondays *exactly* at 7:00 PM with your ☆
 ☆ 'two left feet' for folk & line dance ☆
 ☆ lessons. We'll teach you ☆
 ☆ from the first step! Soft- ☆
 ☆ soled shoes preferable. Jim ☆
 ☆ Banks is offering these classes ☆
 ☆ free of charge! Please join us! ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ Great Books	9:00 Exercise/ Fix It Shop 10:00 Computer Club/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>The 100 Year Old Man</i>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Wizard Music 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: <i>Far from the Madding Crowd</i>
9:00 Exercise 9:30 Chair Yoga 10:00 BINGO 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:00 Dating Angst 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 Newbury Court 1:00 FBCOA/ Mardi Gras! 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Genealogy/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>Carol Burnett Show</i>	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian Valentine's Party 1:00 Bridge, cards, pool 1:15 Movie: <i>Max</i>
CLOSED  Presidents' Day	9:00 SHINE/ Fix It Shop 9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Vets Coffee/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch/ Pizza	9:00 Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 1:30 Ken Pruyn 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Captains Courageous</i>
9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Ken Gordon/ Nurse's Hours 3:00 Handcrafts 6:30 Sit & Stitch/ 7:00 Folk & Line Dance	9:00 Fix It Shop/ 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Olive Oil Tasting/ Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Dale Tamburro 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>The Water Diviner</i>	9:00 Fire Safety Breakfast/ Muscle Care 9:15 Floor Yoga 9:30 Take a Hike 10:00 Exercise 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:45 Emerson Hospital: PCP 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>A Walk in the Woods</i>
9:00 Exercise 9:30 Chair Yoga 10:30 Charlie Card 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch/ 7:00 Folk & Line Dance	<div> <h1>February</h1>  </div>				



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THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday, February 8 at 10:00 AM for a chance to win token gifts.
- Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!
- Play Duplicate Bridge!** Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)
- Science & Tech Club** Join us Monday, February 1 at 10:00 AM for this exciting conversation!
- Talk to Your State Rep** Ken Gordon will be here to talk with you about state issues on Monday, February 22 at 1:00 PM.
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy** Explore your family tree on Wednesday, February 10 at 10:00 AM
- Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$3 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
- Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on February 2. **King, Martin Luther**, Letter from a Birmingham Jail, and **Lincoln, Abraham**, Second Inaugural Address. Download from internet, or contact maryhoff3@comcast.net. Newcomers are always welcome! bed-lexgreatbooks@comcast.net
- Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.

Saturday Movies begin at 1:15 PM

February 6 *Far from the Madding Crowd* (2015) PG-13 In this period drama based on Thomas Hardy's classic novel, winsome Bathsheba Everdene wins the hearts of three disparate men: sheep farmer Gabriel Oak, dashing soldier Frank Troy and William Boldwood, a moneyed older man.

February 13 *Max* (2015) PG In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

February 20 *Captains Courageous* (2015) NR Based on a novel by Rudyard Kipling, this classic adventure tale stars Spencer Tracy in an Oscar-winning performance as Manuel, an old salt who fishes spoiled, rich brat Harvey Cheyne (Freddie Bartholomew) out of the drink. When the vessel's skipper (Lionel Barrymore) puts Harvey to work, the boy chafes at the idea. But crusty Manuel takes the lad under his wing and teaches Harvey invaluable life lessons through patience, forgiveness and resolve.

February 27 *A Walk in the Woods* (2015) R Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

Any trips or shows
you would like to see us offer?
Contact the Council on Aging at
(781) 275-6825.
We would love to hear your ideas!

THIS SPACE IS
AVAILABLE

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YOUR AD HERE.

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For Your Health



Nurse's Hours

On **Friday, February 12 & Monday, February 22**, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on *Friday, March 11*. Please call to let us know you are coming. This is a "first come, first served" clinic.

The cost is \$30 for each treatment.



Free Hearing Clinic

Apex Hearing Care, LLC Custom Fit and Service Hearing Aids Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on **Thursday, February 18** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available:

Tuesday, February 9 10-12
Tuesday, February 16 9-12
Tuesday, February 23 10-12
Please call to make an appointment!



If you cannot leave your home, they will call you.

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. This year in Massachusetts, Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically dis-enroll you from your previous plan.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

The Minuteman Senior Services SHINE Program (Serving Health Insurance Needs of Everyone...on Medicare) can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call The Minuteman Senior Services SHINE Program at 781-221-7029.

Muscle Care Clinic With Wayne Durante, LMT

**\$10 for 10 minutes
Thursdays beginning
at 9:00 AM
Please call the COA for
an appointment
781-275-6825**

Acupuncture Clinic With Dr. Suraja Roychowdhury

**\$35 per visit
Tuesdays 4-8 PM
Please call
(610)731-5030 for
an appointment**

Take a Hike! - Thursdays at 10:00 AM

The **Community Of Active** folks (aka the COA) has a very active hiking group! This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net. Hikes are as follows:

Hikes will continue during the month of February on Thursdays! We will let the weather determine what kind of hike, walk or activity we do. If the weather is good we will hike in some of the conservation lands. If the woods look like they will be too slippery to walk using our Yaktrax Pros (go on-line to see these cool shoe/boot additions or check out a pair at the COA) then we will walk on some beautiful back roads. And when the weather is really bad, we can go bowling, walk in a mall or try something else. No matter the weather, we will celebrate the winter! Susan will send out an email each week to let you know the plan for that week.



What You Need to Know



Senior CharlieCard Event

Did you know that Seniors (65+) are entitled to discounted MBTA fares? Discounted passes are typically only available by traveling into Boston to the CharlieCard stores which can be difficult or even impossible for many seniors. Whether you need to renew your pass or you would like to obtain one for the first time, we invite you to visit the Bedford Council on Aging on **Monday, February 29 between 10:30 AM and 2:30 PM**. You must be 65 years of age or older and provide a valid photo ID that includes your date of birth. TAP (disability) and Blind Access CharlieCard applications will also be available at this event. Please call (781) 275-6825 for more information.



Atty. Dale Tamburro Returns to Present:

Your Living Trust Choices

The living trust is becoming quite a popular estate planning strategy. It costs more than a will, but includes many features that are helpful during life and in your estate. On Wednesday, February 24 at 12:30 PM, Dale will be here to review some of the basic principles of the living trust. He will also discuss topics including: Trust Creation, Living Trust Income Taxes, Funding the Trust, Estate Taxes, Medical Care and Financial Planning Trust for Minor Children, Single Person—"Give It Twice" Trust, Trusts for Surviving Spouse, Trusts to Protect Children, Special Needs Trust, How to Fund Your Living Trust, Guidelines for Living Trust Property Transfers, Bypass the Estate Tax, Irrevocable Life Insurance Trust (ILIT), Protection With a Perfect Family, Trusts for Creative Spenders. Please call the COA to let us know you will attend.

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Thursday, February 25 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



***** Winter Weather Policies *****

If the Bedford Public Schools are closed or delayed due to weather, the senior center programs will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT and Wheels of Life programs should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ♦ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- ♦ Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- ♦ Help in obtaining public benefits
- ♦ Health benefits counseling
- ♦ Job placement through the Town and in the private sector
- ♦ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ♦ Legal counseling by an attorney
- ♦ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday February 3 at 10:00 AM**.

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance at 2PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

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While the Weather Outside Is Frightful.... Try out a new to you class!

Working from the safety and comfort of either a chair or exercise ball– workout for the entire body– this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8-week session, or **\$10** per drop-in class. (Wednesdays at 12:30 PM w/ Madeline Shaw-Moran)

Looking for other exercise classes? Turn to page 4.

We're not just BINGO and knitting! (...but we do those, too!!)



If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details to Alissa at the COA Front Desk, along with an address, and the *Sunshine Lady* will send them along!

Dog B.O.N.E.S. Visits

Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support
Stop in and visit with Reika & Kramer every Wednesday at 10:00. Mara & her dog Max will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!



Need a Senior CharlieCard? Or do you need one renewed? The Bedford COA will be hosting an event on **Monday, February 29.**
SEE PAGE 10 FOR FULL INFORMATION.

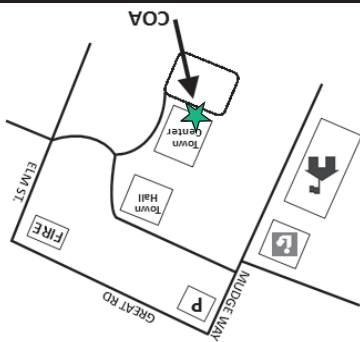


A Tour of the World of Olive Oil with Chef John!



There many flavors found in extra virgin olive oils, just like in wine tasting! Flavors are determined by several factors including type of olives, ripeness of olives, growing conditions, and oil storage. Chef John of Atria Longmeadow Place in Burlington will be here at the COA on Tuesday, February 23 at 1:00 PM to "school" us in the wide variety of olive oils available! Please join us! Sign up by calling the Bedford COA.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold Acupuncture 7:30 Single Again	9:00 Exercise Fix It Shop 10:30 SongFest 11:00 Mah Jongg Dog Bones 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi 2:00 Computer Drop-In	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*



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